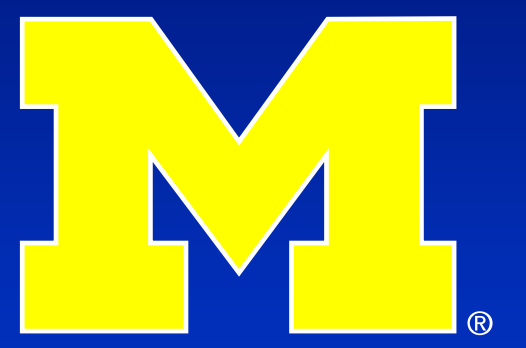




University of Michigan Health System

The Prevalence and Impact of Lower Gastrointestinal Symptoms in an Ambulatory Elderly Outpatient Population

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Background

- Chronic constipation (CC), diarrhea (D), fecal incontinence (FI) & irritable bowel syndrome (IBS) affect adults of all ages
- Limited information exists regarding the prevalence of these chronic lower gastrointestinal disorders and their impact on quality of life (QoL) in an elderly outpatient population

Aim

- Assess the prevalence of CC, D, FI, & IBS and their impact on QoL in an ambulatory outpatient population aged 60 years and older

Methods

- Patients presenting to a primary care geriatric clinic at the University of Michigan from 11/09 to 3/10 were recruited
- 242 participants aged 60-94 completed the survey
 - Rome III IBS module
 - Validated IBS QoL instrument
 - Validated FI QoL instrument

- Statistical analysis
 - Prevalence of CC, FI, D, IBS, CC+FI & IBS+FI and mean QoL scores calculated
 - Chi Square test, linear regression and multiple linear regression performed to assess for age & gender related differences in prevalence of CC, FI, D & IBS
 - T test to assess difference in QoL scores based on gender, age and symptom complex

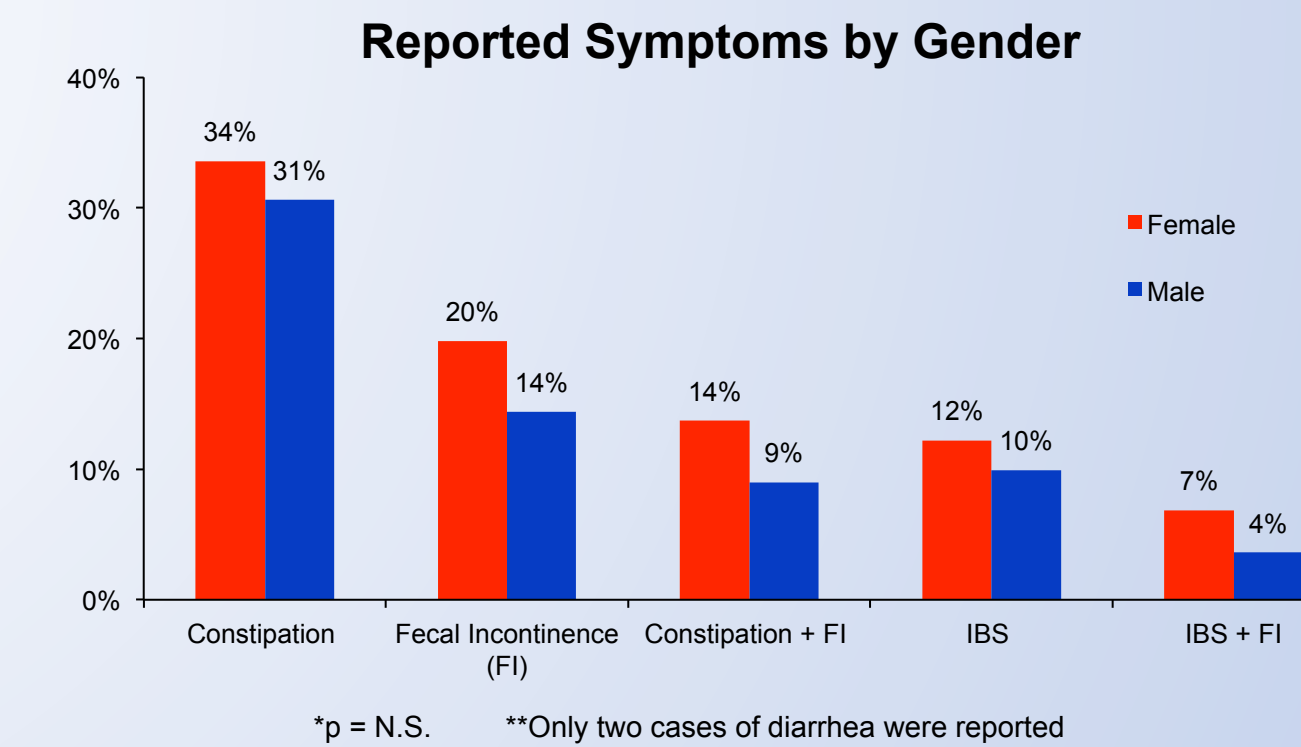
Results

Subject Demographics

	No lower GI Symptoms (n=150)	Lower GI Symptoms (n=92)
Age (mean)	76.0	76.4
Sex		
Male	47.3%	43.5%
Female	52.7%	56.5%
Race		
Caucasian	88.7%	89.1%
Black	8.7%	5.4%
Other	2.7%	5.4%
Education		
High School	20.0%	18.5%
College	44.7%	38.0%
Graduate	29.3%	31.5%
Marital Status		
Married	60.0%	58.7%
Divorced	11.3%	3.3%
Widowed	24.0%	25.0%

Lower GI Symptom Prevalence

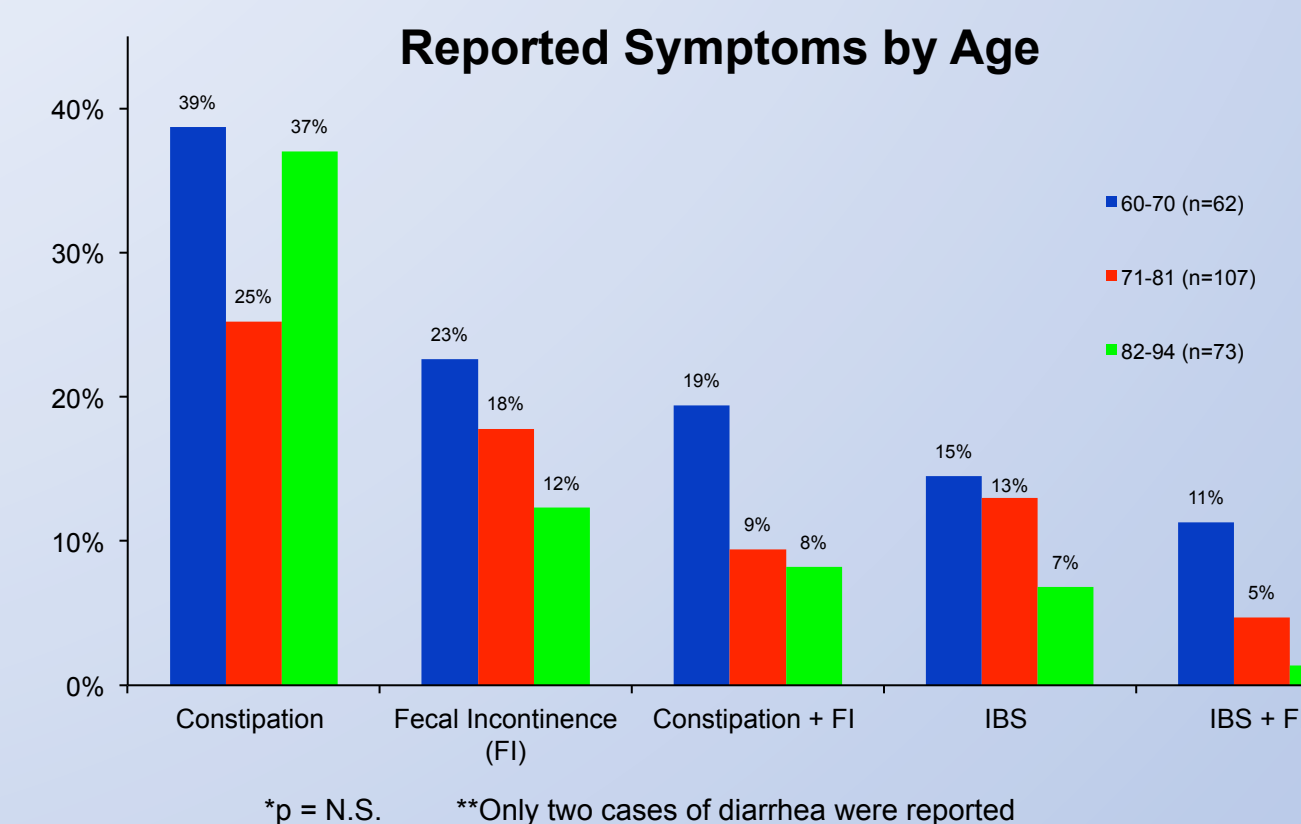
Symptom	Prevalence (N)
Any Lower GI Symptom	38.0% (92)
Constipation	32.2% (78)
Fecal Incontinence	17.4% (42)
Constipation + FI	11.5% (28)
IBS	11.5% (28)
IBS + FI	5.4% (13)
Diarrhea	0.8% (2)



Symptom Impact on Quality of Life

	Mean IBS-QoL score	P value
Constipation	89.7 ± 10.7	0.004
Constipation + Fecal Incontinence	80.0 ± 13.0	
IBS	86.2 ± 8.9	0.015
IBS + Fecal Incontinence	75.0 ± 10.8	

	Mean FI-QoL score	P value
Fecal incontinence	3.59 ± 0.35	0.096
Constipation + Fecal Incontinence	3.22 ± 0.54	
IBS	3.48 ± 0.44	0.032
IBS + Fecal Incontinence	3.03 ± 0.56	



Summary

- 38% of the ambulatory elderly outpatients reported at least one lower GI symptom
- Neither advancing age nor gender was associated with differences in the prevalence of CC, FI or IBS
- Prevalence of IBS in the geriatric population parallels that of the general population
- Patients with CC or IBS and accompanying FI reported significantly lower QoL scores than those with either symptom alone

Conclusions

- Lower GI symptoms are common in the elderly outpatient population
- The importance of screening patients for FI is highlighted by its negative influence on the illness experience of CC and IBS patients
- Further studies to assess better diagnostic methods, treatments and outcome measures for functional bowel disorders in the elderly are warranted